



CANADA'S WINE INDUSTRY POISED FOR GROWTH AS MORE CANUCKS REACH FOR A GLASS OF VINO

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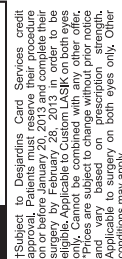
The logo for Calgary Metro is displayed in white on a dark green background. It features the word "CALGARY" in a small, bold, sans-serif font at the top left. Below it, the word "metro" is written in a large, lowercase, sans-serif font. To the right of the text is a stylized globe icon composed of white lines forming a grid of latitude and longitude. A registered trademark symbol (®) is located at the top right of the globe.

Monday, November 26, 2012



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Budget debate

Aldermen want to trim tax hike, but loath to propose cuts

With the city's budget debate set to begin Monday, aldermen have different ideas on how to trim the proposed 5.7 per-cent tax hike, but are hesitant to identify specific areas for spending cuts.

"I hate to say we need to cut, but I think what we could do is look at how we're spending," Ald. Shane Keating told Metro on Sunday.

Keating believes the city may have underestimated some of its revenues for 2013 and that some of the proposed new spending can be done without.

He also thinks the city could sell some of the properties it owns as a source of revenue and to reduce maintenance costs.

Ald. Peter Demong said \$8.5 million in greater-than-anticipated revenue from property assessments should be used to reduce the tax burden next year.

"It would seem that we've basically overtaxed last year," Demong said. "I think we should simply give that back to the people."

Ald. Gael MacLeod said she has yet to determine any specific areas where spending can be reduced but plans "to come to the table with an open mind" during budget deliberations.

"As we go through the departments and the details, there may be some that come up that we probably can live without," she said.

One area that all aldermen who spoke with Metro on Sunday said they would not consider cutting is Calgary Transit.

"The most important area for me is transit," said Ald. Brian Pincott. "I really, firmly believe we need to increase service."

ROBSON FLETCHER/METRO



Voters are left with quite a choice as polls open Monday in the Calgary Centre federal by-election. ROBSON FLETCHER/METRO

Calgary Centre voters head to polls

Decision day. Not one of four-leading party candidates willing to concede



JEREMY NOLAÏS

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It started with the Stampede and ended with the Stampede.

In between, the Calgary Centre federal by-election saw barbs traded, the commitment of the frontrunner routinely questioned and some of the highest-profile politicians in the country stop by.

"This has been unbelievably

fun — so exhilarating," offered Green candidate Chris Turner. "This by-election is not about 2015 (the next federal election), it's about the kind of representation Calgarians need right now ... I think that's why we have emerged as the surprise third horse in this race."

Both Turner and Liberal contender Harvey Locke began to explore the possibility of taking a shot at the seat in Parliament during the Calgary Stampede and the latter maintained Sunday that he is the only legitimate challenger to the perceived front-runner, Conservative Joan Crockatt.

Locke and volunteers spent the weekend blitzing thousands of Calgary Centre homes before spending the final mo-

Voting information

Electors can find out where to register and vote at www.elections.ca or by calling 1-800-463-6868.

ments on the campaign trail watching the Calgary Stampedeers vie for the Grey Cup.

"I'm cheering for the red-and-white on both counts," Locke said with a chuckle. "I have laid a heavy, heavy bet that I'm more representative of the people of Calgary Centre than Joan Crockatt is."

For her part, Crockatt paid little credence to the polling data and said she has relied on a "shoe-leather" campaign to

earn support.

"I think it is a very important election," she said. "That's why we've been out on the doors virtually every single day for three months talking to voters, trying to get them engaged and making sure they're electing somebody that's going to keep the economy going in Calgary and Canada."

Dan Meades, challenger for the official opposition NDP, pointed to a late surge by his party during the last federal ballot as indication he's still in contention despite trailing in recent polls.

"If you want a real voice for opposition in Parliament, then sending someone from the official opposition is the way to do that," he said.

Ottawa getting infrastructure message: Pincott

Calgary's representative on the Federation of Canadian Municipalities (FCM) believes federal politicians are starting to get the message that cities need more — and more stable — infrastructure funding.

"The degree of awareness ... is a hell of a lot more now than it was three years ago," Ald. Brian Pincott said Sunday, shortly after arriving back in Calgary from a week of meetings in Ottawa.

It's the third annual trip Pincott has made with the FCM, and he believes the regular face-time with federal lawmakers is starting to pay dividends.

While he doubts the FCM will get all it's asking for when the Conservative government tables its 2013 budget, he expects "we'll start seeing the start of it."

"The goal here is to have a steady source of funding for municipalities that, at the very

local level, they can allocate," Pincott said.

Vancouver Mayor Gregor Robertson has previously described the application-based system for infrastructure funding as a "lottery."

"You can't set a city's infrastructure priorities on the odds of being successful with application-based programs," Robertson said in a statement issued through FCM.

ROBSON FLETCHER/METRO

Funding

The FCM is calling on Ottawa to boost federal funding for municipal infrastructure to \$5.75 billion a year, up from \$3.25 billion.

- **Historical levels.** That would bring funding in line, as a percentage of GDP, with historical levels

from the 1950s to the mid-1970s, according to the FCM.

- **Tax transfer.** FCM is also proposing to make the current gas tax transfer permanent and have it increase along with inflation.

11 NEWS

CFL roots run deep among Stampeders faithful taking in 100th Grey Cup

Big game. Football, friends and pints on tap as parties are hosted around Calgary on Sunday



JEREMY NOLAÏS

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Sipping his beer as he watched Canadian Football

League history unfold on Sunday, longtime Calgarian George Adam couldn't help but recall being part of the construction crew tasked with building a massive 20,000-seat venue called McMahon Stadium.

"I was making the precast concrete to make the stands — that was our 100-day marvel," the 86-year-old said of Calgary's landmark stadium.

Adam, like most of the dozens of fans who gathered

at the Kensington Legion to watch the 100th Grey Cup, was quick to throw his support behind the hometown Calgary Stampeders.

"I was born and raised Calgarian. I don't know any better," he said.

There were a few Saskatchewan Roughriders jerseys at the legion, but not a single spectator dared wear the double blue of the Toronto Argonauts.

"I do have a soft spot for the Roughriders, but my

father was always a Stampeders fan," said Marlene Rea, who has cheered for the hometown boys since the late 1950s.

Rea was frustrated by the Stampeders' first-half turnovers but said the hype and good feeling generated by the 100th Grey Cup celebration will prove far more important than the final score.

"This has all been so phenomenal," she said. "It doesn't really matter who wins."



Stampeders fan Marlene Rea reacts in dismay as her team turns the ball over in the first half of the 100th Grey Cup on Sunday. JEREMY NOLAÏS/METRO

Calgary pays up after Grey Cup loss

To celebrate the Grey Cup's 100th anniversary, the publishers of Metro Toronto and Metro Calgary waged a toque fight. With the loss on Sunday by the Calgary Stampeders, Steve Shrout, publisher of Metro Calgary, will wear an Argonauts toque all week. In addition, as promised, he is donating a cheque worth 100 times the Argos' winning score of 35 to the Toronto food bank. TORONTO: DAVID VAN DYKE/METRO; CALGARY: ROBSON FLETCHER/METRO

"I'm trying to be gracious but hey — get your horse out of our hotel. Arrrgooooos!"

Bill McDonald, publisher of Metro Toronto



"OK, Toronto — you won, but Westerners don't ever give up. See you on the field next year!" Steve Shrout, publisher of Metro Calgary



Toronto charities benefit as Nenshi and Redford lose bets on Stampeders

A bet's a bet, and it's time to cough up.

Mayor Naheed Nenshi and Premier Alison Redford held out hope even as their Calgary Stampeders were down by double digits in the second half, but ultimately they had to concede defeat and make good with their counterparts in Ontario, whose Toronto Argonauts emerged victorious in the 100th Grey Cup.

Nenshi will donate his weight in food to a Toronto food bank, as part of his bet with Toronto Mayor Rob Ford.

Redford, meanwhile, will contribute 100 items of warm clothing to the Red Door Family Shelter in Ontario, as part of her bet with Ontario Premier Dalton McGuinty.

"Sigh," Nenshi tweeted after the final whistle. "Congrats to the Argos for a great game, to @calgariystampeders for an incredible season and to Toronto for putting on an



Mayor Naheed Nenshi tweeted this photo of himself and Premier Alison Redford at the Grey Cup game in Toronto, saying: "Two biggest stamps fans in the room remain optimistic. @premier_redford and me!" That optimism proved to be unfounded. TWITTER PHOTO

amazing event."

"And a special thank you to all those Canadians who

made a bet on the food bank!" the mayor added. "Let's stamp out hunger together!" METRO

Some choice #GC100 tweets

Twitter users had plenty to say as the Toronto Argonauts defeated the Calgary Stampeders handily in the 100th Grey Cup. Here are some of our favourites from the game:

- @terrylo_calgar: Thanks @calstampeders for an incredible season! With all that's happened, still champs in #YYC eyes!
- @bobmackin: Enjoy and embrace the #GC100 celebration and #CFL, Toronto. You may never see the Bills win a championship.
- @mrbobsullivan: Anyways, what I said was, "You can



take Kevin Glenn out of Hamilton, but you can't take the Hamilton out of Kevin Glenn."

- @dave_church: The Glenn sack is as appropriate a picture of this game as any. Argos just overwhelmed the Stamps.
- @KingAndJames: I put the blame for this whole debacle squarely on Ricky Ray's mustache
- @nateblanc: Really Stamps #dissatisfied #playedgarbage
- @JonnKmech: All right,
- @themef_twofour: Congrats to the Argos on winning the Grey Cup! We'll hang the banner beside the Toronto Rock's championships for the city to ignore. #GC100
- @JMikesReyes: It seems like all these stamps players keep slipping on banana peels.
- @wes_chiasson: Leaving the Grey Cup early so I don't have to see the Argos get the trophy.

only 2 onside kicks in the next 20 seconds and Calgary has this in the bag!

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Public-school surplus should be spent now: Union

To save or not to save?

In the past, province has directed school boards to spend all the money they are allocated



JEREMY NOLAÏS

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Calgary's public school board is seeing green, but staff representatives are crying foul over surplus funds being stashed away in reserves.

According to finance documents for the year ended Aug. 31, which came before Calgary Board of Education trustees earlier this month, \$3 million in surplus cash will be put into a fiscal stability reserve and another \$1.6 million will be stored in a utility expense stabilization reserve.

"It's hugely frustrating," said Bob Anderson, president of the Canadian Union of Public Employees local, which represents custodial workers.

Anderson added that, in his mind, the explanation from CBE administration that the utility reserve helps protect against the possibility of a colder winter holds little weight.

"I can't see the province letting the schools go cold," he added.

But in a statement from board administration provided to Metro, officials said the reserves are held for a variety of purposes, including contingency plans for emergencies or dramatic price shifts in the energy sector and other areas, as well as build-up for future capital projects.

"As the condition of school buildings and equipment continue to deterior-

ate, there will be a possible need to tap reserve funds," the statement reads. "With new changes in curriculum, there may also be requirements to upgrade/modernize facilities to meet student needs."

CBE officials said earlier this year the maintenance backlog in city schools borders on \$800 million and, with this year's addition, the utility reserve now holds little more than \$5 million.

Lois Robb, chair of the CBE Staff Association, which represents roughly 3,700 school support workers, also believes administration should dip into reserves. She said the association has witnessed "huge reductions" in manpower and paid hours in recent years.

"The people that are left are working under extreme workloads ... definitely some relief would go a long way," Robb said.



Calgary's public school board has stashed millions into reserve funds, but some staff association representatives say they have a better use for the money. METRO FILE

Where the money goes

- **Regulations.** Any movement of funds into or out of a CBE reserve requires approval from the board of trustees and there are tight regulations on what money in reserves can be put towards, according to a statement from administration.
- **Transportation.** The Calgary Board of Education has also banked \$2.8 million into a transportation reserve. However, legislation requires that money to be used to help cover busing fees for the 2013-14 school year.
- **System transformation.** An additional \$500,000 has also been put into a system-transformation reserve, bringing the total in the reserve to \$2 million, according to public documents.



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Morsi's bid for more power causes turmoil

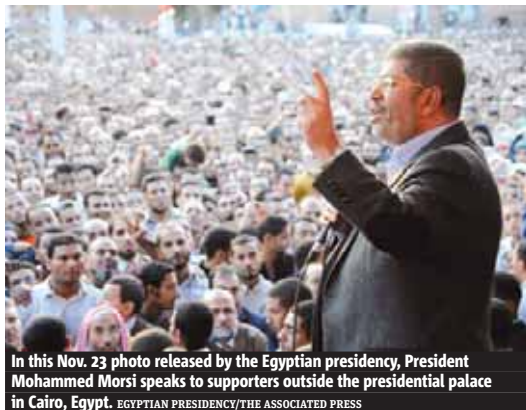
Power struggle.

Fight over president's powers threatens to destabilize the country as stocks plunge amid ongoing chaos

Supporters and opponents of Egypt's president, Mohammed Morsi, grew more entrenched on Sunday in their potentially destabilizing battle over the Islamist leader's move to assume near-absolute powers, with neither side willing to back down as the stock market plunged amid the fresh turmoil.

Clashes between the two sides spilled onto the streets for a third day since the president issued edicts that make him immune to oversight of any kind, including that of the courts.

A teenager was killed and at least 40 people were wounded when a group of anti-Morsi protesters tried to storm the local offices of the political arm of the president's Muslim Brotherhood in the Nile Delta city of Damanhour, according



In this Nov. 23 photo released by the Egyptian presidency, President Mohammed Morsi speaks to supporters outside the presidential palace in Cairo, Egypt. EGYPTIAN PRESIDENCY/THE ASSOCIATED PRESS

to security officials.

It was the first reported death from the street battles that erupted across much of the nation on Friday, the day after Morsi's decrees were announced. The officials, who spoke on condition of anonymity because they were not authorized to speak to the media, identified the boy as 15-year-old Islam Hamdi Abdel-Maqsood.

The tensions also dealt a fresh blow to the economy, which has suffered due to the

problems plaguing the Arab world's most populous nation since Mubarak's ouster.

Egypt's benchmark EGX30 stock index dropped 9.59 percentage points Sunday in the first trading session since Morsi issued his decrees. The losses were among the biggest since the turbulent days and weeks immediately after Mubarak's ouster in a popular uprising last year. The loss in the value of shares was estimated at close to \$5 billion.

THE ASSOCIATED PRESS

Sponsorship

Feds off-loading part of pledge to resettle refugees onto private sector

The federal government is seeking to off-load some of its international promises to refugees onto the private sector.

They're asking community groups to sponsor 1,000 of the refugees the Canadian government has told the United Nations it will resettle over the next three years.

But at the same time, they are restricting the groups' ability to sponsor refugees themselves by placing caps on private applications.

The decisions are raising concerns from not-for-profit groups that they are being forced to carry out the immigration department's objectives instead of their own.

Refugee resettlement in Canada is a shared activity between the government and about 80 groups, which have formal agreements with Ottawa to sponsor refugees.

THE CANADIAN PRESS

Gaza Strip

Violation of truce with Israel would be a sin: Cleric

A leading Islamic cleric in the Gaza Strip has ruled it a sin to violate the recent ceasefire between Israel and the Hamas militant group that governs the Palestinian territory — according to a religious legitimacy to the truce and giving the Gaza government strong backing to enforce it.

The fatwa, or religious edict, was issued late Saturday by Suleiman al-Daya, a cleric respected by both ultra-conservative Salafis and Hamas. Salafi groups oppose political accommodations with Israel.

"Honoring the truce, which was sponsored by our Egyptian brethren, is the duty of each and every one of us. Violating it shall constitute a sin," the fatwa read.

The truce, which was struck Wednesday to bring an end to an eight-day Israeli offensive against Gaza militants who fired rockets into Israel, remains fragile, however, and details beyond the initial cease-fire have not yet been worked out. THE ASSOCIATED PRESS

Rebel group

Congo and M23 rebels negotiate in Uganda

Congolese officials were in talks Sunday with representatives of M23, the rebel group that last week took control of the eastern Congo city of Goma, according to Ugandan officials.

Ugandan Defence Minister Crispus Kiyonga said that he is mediating discussions to help both sides reach an agreement that would end a violent rebellion that has sucked in Uganda and Rwanda, both of which face charges of backing the rebels.

M23 president Jean-Marie Runiga is leading the rebels in the talks, according to Rene Abandi, M23's head of external relations.

Abandi, who is now based in the Ugandan capital Kampala, said M23 representatives met with Congolese President Joseph Kabila in a tense, two-hour meeting that was also attended by Ugandan President Yoweri Museveni. THE ASSOCIATED PRESS



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France. Sarkozy's party battles to save itself after disputed leadership race

Parents struggle to explain it to their kids. Ambassadors struggle to explain it to their governments. The only thing that's clear is that French politics is a mess.

Former president Nicolas Sarkozy's conservative party led one of the world's biggest economies for a decade and now, in the space of a week, has melted down into something that may never be put back together again.

A mediation effort Sunday failed to reconcile the Union for a Popular Movement party or figure out who's in charge, seven days after a disputed election for a new party leader. The

conflict looks headed now for the courts. The outcome could reshape France's political landscape and eventually weigh on Europe's direction too.

Central to the dispute is debate among French conservatives over immigration and Islam in the country with Western Europe's largest Muslim population. The election a week ago split party members into those leaning toward the anti-immigrant far right, represented by Jean-Francois Cope, and those hewing to more centrist views, supporting Francois Fillon.

THE ASSOCIATED PRESS

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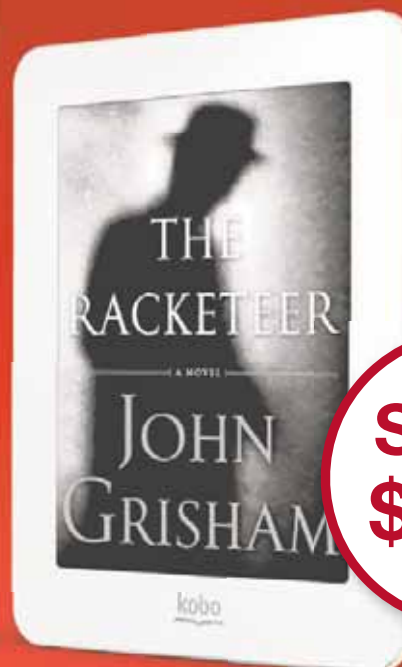
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Female inmate alleges she was 'thrown in the hole' for no bra

Dress code. Ontario artist says she received 2 weeks in segregation cell, 5 days pulled from early release date



JESSICA SMITH
Metro in Toronto

An inmate at the Vanier Centre for Women in Milton, Ont., has filed a complaint alleging correctional officers put her in a segregation cell and tacked on five extra days to her sentence because she refuses to wear a bra.

"I was locked down in a segregation cell from the morning of Nov. 1 to the afternoon of Nov. 15. I was first charged with misconduct for not wearing a bra," Jeannette Tossounian, who is currently serving a sentence for arson, wrote in a letter to Metro.

"A few days later, I was charged with another misconduct for saying I don't

want to wear a bra and was given five extra days to spend in jail from my early release date, December 2013."

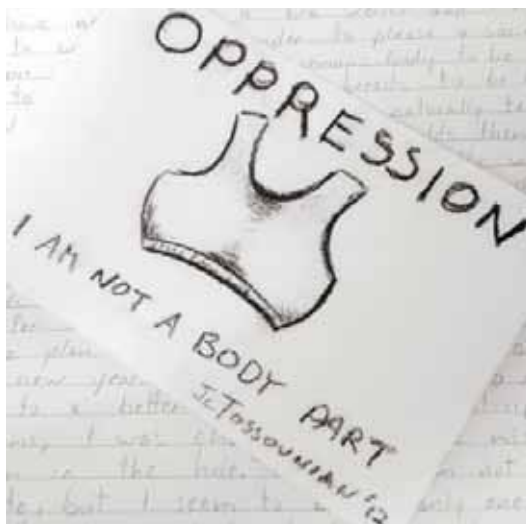
The Elizabeth Fry Society confirmed that Tossounian has filed an official complaint about the incident.

Ministry of Community Safety and Correctional Services spokesman Brent Ross would not comment on the allegations, but confirmed that female inmates are required to wear bras.

"We have policies in place to ensure inmates are treated justly and humanely in all sections of our facilities, including segregation," he said in an email response. "While incarcerated, inmates can be awarded remitted time, which is a reduction of a sentence for good conduct, and they can also lose their remitted time or have their privileges suspended if they commit a serious misconduct."

Tossounian said her aversion to bras wasn't always a problem for her in jail.

"I was incarcerated at Vanier for eight-and-a-half



The letter and illustration sent to Metro by Jeannette Tossounian. METRO

months and was braless the whole time before I was locked down. I guess the guards had better things to do than stare at my chest, examining for looseness," she

wrote. "As soon as I put in a request to change to a better unit so I could participate in more programs, I was charged with these misconducts and thrown in the hole."

Cruelty claims

"No matter what an inmate does, if the institution wants to punish, they will get punished."

Inmate Jeannette Tossounian, writing in a letter to Metro

Tossounian wrote that she has never been a bra-wearer and believes studies that link wearing a bra to breast cancer, a premise not widely accepted by the scientific community.

"To (force) a woman to wear a bra, inmate or not, is a violation of human rights. It is sexual discrimination that breaks a woman down into body parts that must be controlled because these parts are female," she wrote.

Tossounian also wrote that the incident made her feel helpless.

"Some inmates end up losing their minds, even to the point of committing suicide," she wrote. "I have to remain strong."



Jeannette Tossounian, an inmate at Vanier Centre for Women in Milton, Ont. TORSTAR NEWS SERVICE

Tossounian's lawyer for the appeal of her sentence, Vanessa Christie, said her client's account of what happened is "disturbing."

Follow Jessica Smith on Twitter @jessicacatherine



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Baby drop-off boxes should be banned: UN

Abandoned infants.

In the last decade, hundreds of infants have been given up this way; 30-60 babies are murdered annually in Germany alone



A view of a baby hatch with a baby sign near the hospital at Neukoelln in Berlin. THE ASSOCIATED PRESS

Boxes where unwanted newborns can be left anonymously are drawing the ire of human rights and child activists.

The activists think they are bad for the children and merely avoid dealing with the problems that lead to child abandonment.

Even the United Nations Committee on the Rights of the Child said baby boxes should be banned and is pushing that agenda to the European Parliament.

There are nearly 100 baby boxes in Germany. Poland

and the Czech Republic each have more than 40 while Italy, Lithuania, Russia and Slovakia have about 10 each. There are two in Switzerland, one in Belgium and one being planned in the Netherlands.

At Berlin's Waldfriede Hospital, the box is actually a warm incubator that can be opened from an outside wall of a hospital where a desperate parent can anonymously leave an unwanted infant.

A small flap opens into the box, equipped with a motion detector. An alarm goes off in

the hospital to alert staff two minutes after a baby is left.

"The mother has enough time to leave without anyone seeing her," German pastor Gabriele Stangl said. "The important thing is that her baby is now in a safe place."

In the last decade, hundreds of babies have been abandoned this way; it's estimated one or two infants are typically left at each location every year, though exact figures aren't available.

At least 11 European nations now have them, according to UN figures. They are technically illegal, but mostly operate in a grey zone as authorities turn a blind eye.

"They are a bad message for society," said Maria Herczog, a Hungarian child psychologist on the UN committee pushing for a ban.

"These boxes violate children's rights and also the rights of parents to get help," she said. THE ASSOCIATED PRESS



Franco fondly remembered ... by some

Supporters of former Spanish dictator Gen. Francisco Franco give fascist salutes during a rally commemorating the 37th anniversary of Franco's death. It was held at Plaza de Oriente on Sunday in Madrid.

PABLO BLAZQUEZ DOMINGUEZ/GETTY IMAGES

Caylee Anthony's death

Police miss query about 'fool-proof' ways to suffocate

The Florida sheriff's office that investigated Caylee Anthony's death confirmed Sunday that it overlooked a computer search for suffocation methods made from the

little girl's home on the day she was last seen alive.

Orange County sheriff's Capt. Angelo Nieves said the office's computer investigator missed a June 16, 2008, Google search for "fool-proof" suffocation methods. The agency's admission was first reported by Orlando television station WKMG. It's not known who per-

formed the search.

The station reported it was done on a browser primarily used by the two-year-old's mother, Casey Anthony, who was acquitted of the child's murder in 2011.

More than 1,200 Fire-fox entries, including the suffocation search, were overlooked by cops working on the case.

THE ASSOCIATED PRESS



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Devastating inferno



People console a woman whose relative was killed in a fire at a garment factory outside Dhaka, Bangladesh, Sunday. HASAN RAZA/THE ASSOCIATED PRESS

Bangladesh. At least 112 people killed in a fire that raced through multi-storey garment factory outside capital city

Quoted

"I want the factory owner to be hanged. For him, many have died..."

Sabina Yasmine, a mourning relative

The death toll could rise in a fire that struck outside Bangladesh's capital city on Sunday, as the search for victims continues, an official said.

The blaze broke out at a seven-storey factory operated by Tazreen Fashions late Saturday evening. By Sunday morning, firefighters had recovered 100 bodies, fire department operations director Maj. Mohammad Mahbub told The Associated Press.

He said another 12 people who had suffered injuries after jumping from the building to escape the fire later died in hospitals. The cause of the blaze was not immediately clear, and authorities have ordered an investigation.

Bangladesh has some 4,000

garment factories, many without proper safety measures. The country annually earns about \$20 billion from exports of garment products, mainly to the United States and Europe.

Relatives of the factory workers were frantically looking for their loved ones. Sabina Yasmine said she saw the body of her daughter-in-law, who died in the fire, but had no trace of her son, who also worked at the factory. "Oh, Allah, where's my soul? Where's my son?" wailed Yasmine, who works at another factory in the area. "I want the factory owner to be hanged. For him, many have died, many have gone."

Mahbub said firefighters recovered 69 bodies from the second floor of the factory alone.

THE ASSOCIATED PRESS

India

Hundreds march for gay rights in New Delhi

Hundreds of gay rights activists marched through New Delhi on Sunday to demand that they be allowed to lead lives of dignity in India's deeply conservative society.

Dozens of demonstrators carried a nearly 15-metre rainbow-coloured banner and waved placards demanding

that the government extend the scope of anti-discrimination laws to schools, workplaces and public and private spaces.

Activists said that three years after the Delhi High Court made changes in India's colonial-era law that made gay sex a crime, homosexuals are still not socially accepted in India.

In 2009, the court decriminalized gay sex, which until then had been punishable by up to 10 years in prison.

THE ASSOCIATED PRESS

Pakistan. Roadside bomb kills six

A bombing claimed by the Taliban killed at least six people and wounded some 90 others at a Shiite religious procession in northwestern Pakistan on Sunday, police said, as the minority Muslim sect observes the annual Ashoura holiday.

Since Wednesday, at least 31 have been killed in bombings aimed at Pakistani Shiites and claimed by the Taliban, who espouse an extremist interpretation of Sunni Islam. More than 100 were

wounded in the attacks during the run-up to the holiday, which commemorates the seventh-century death of the Prophet Muhammad's grandson. The schism between Sunnis and Shiites dates back to that time, Sunday's explosion went off as hundreds of Shiites were passing through the main intersection of the city of Dera Ismail Khan, police said, where food and water stalls were set up to serve the crowd. An initial investigation suggested a bomb was

planted near a shop along the procession route.

"The bomb contained about eight kilograms of explosives and steel balls, and was detonated with a remote-control device," city police chief Sohail Khalid said.

Several of the injured are in serious condition, said Dr. Faridullah Mahsud, an official at the city's hospital, who added that three members of a paramilitary unit providing security for the procession were among

Background

The Pakistani Taliban frequently attacks Shiites, who they consider heretics. Ashoura ceremonies are prime targets since they draw large crowds that march in processions to mourn the martyred Imam Hussein.

the injured. Dr. Khalid Aziz, the top official at the hospital, put the death toll at six.

THE ASSOCIATED PRESS

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#803	2 Bedrooms	\$293,900	\$263,900	5%
#503	2 Bedrooms	\$282,900	\$257,900	5%
#407	2 Bedrooms	\$349,900	\$329,900	5%
#1011	2 Bedrooms	\$287,900	\$264,900	5%
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Deal season comes early

Black Friday, Cyber Monday. Longtime U.S. discount weekend is now taking root on Canadian soil

As hype surrounding Cyber Monday and Black Friday spreads north of the border, experts say the burgeoning week-

end-long holiday sales event could soon surpass Boxing Day as the busiest shopping period of the year.

With the frenzy of what could be Canada's biggest-ever Black Friday over, deal-seekers are turning their focus to Cyber Monday, a day of deep online discounts held the Monday after the busiest shopping day of the year in the U.S.

For years, both events were largely U.S. phenomena that

had Canadians who wanted to participate visiting American websites or making cross-border trips on the day after U.S. Thanksgiving, which marks the start of the crucial holiday shopping season when retailers turn profits, or go "into the black."

But a combination of factors — U.S. competitors setting up shop in Canada, Canadian retailers trying to keep sales local, Canadians' shifting shop-

ping habits and tight-fisted consumers with shaky confidence in the economy — are helping to establish the events on Canadian soil.

Willy Kruh, global chairman in retail markets at KPMG, said he wouldn't be surprised if the four days from Black Friday to Cyber Monday soon overtake Boxing Day, now expanded to Boxing Week, as the best period for retailers in Canada.

THE CANADIAN PRESS



Shop online, avoid mall fatigue: Cousins Maricruz Munoz, 15, left, and Monica Murillo, 15, sleep on a break from Black Friday shopping at Woodland Hills Mall on Friday, in Tulsa, Okla. Cyber Monday and Black Friday are spreading north of the border, experts say, and may soon surpass Boxing Day as the busiest shopping period of the year. MIKE SIMONS/THE ASSOCIATED PRESS

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Cheers! Wine consumption on 'meteoric rise' in Canada

Canadians are increasingly reaching for a glass of Beaujolais instead of beer and they're also drinking more domestic wines, says a new study on Canadian drinking habits.

Consumers bought an average of 22 bottles of wine in 2011, up from 13 in 1995, found the Bank of Montreal's special report on the Canadian wine industry.

"It's a meteoric rise, really," said David Rinnear, national manager of agriculture at BMO.

And Canada's wine industry is poised for solid growth over the next five years, thanks in part to an aging population, a willingness to pay more for premium wines and the opportunity for domestic producers



Canada's wine industry is poised for solid growth over the next five years, a new report says.

TORSTAR NEWS SERVICE FILE

to make bigger inroads in the Canadian marketplace, the report said.

A third of wine consumed in Canada is produced by domestic wineries, Rinnear said.

THE CANADIAN PRESS

Climate change

UN begins new global warming talks in Qatar

As nearly 200 countries meet in oil- and gas-rich Qatar for annual talks starting Monday on slowing global warming, one of the main challenges will be raising climate aid for poor countries at a time when budgets are strained by financial turmoil.

Rich countries have delivered nearly \$30 billion US in grants and loans promised in 2009, but those commitments expire this year. And a Green Climate Fund designed to channel up to \$100 billion US annually to poor countries has yet to begin operating.

THE ASSOCIATED PRESS

Television industry

Boom times return to Canuck production

Vancouver, Toronto and even Halifax are booming as TV production centres again, after a decade-long slump due to everything from a higher Canadian dollar to aggressive U.S. state tax incentives to SARS.

Rob LaBelle, executive producer of the upcoming CTV show Motive, says the success of Flashpoint helped reignite Canada as a base of production for North American dramas. LaBelle says the real legacy of Flashpoint is that it demonstrated to American network programmers that Canada can produce viable content. THE CANADIAN PRESS

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HIGH PLAINS DRIFTER
James Callen
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a slightly exasperated lady, tired of the moustache talk around her office or home.

November isn't just an excuse for a man to grow a moustache.

Since 2004, men around the world have grown out their dusters in November as a way to raise money and awareness about the threat of prostate cancer. In fact, it's kind of a faux pas to have a Movember 'stache without raising a little money. Kind of like wearing an Iron Maiden T-shirt and not owning any of their albums.

I'm sure you've heard the phrase Movember tossed around this month, usually by a gentleman sporting a swarthy/dirty/greasy/manly-looking moustache or

It's startling how many men will get prostate cancer in Alberta, almost to the level of "it's not if, it's when." According to the Canadian Cancer Society, an estimated 25,500 men will be diagnosed with prostate cancer and 4,100 will die of it. In Alberta, one in seven men will be diagnosed during their lifetime.

What the numbers don't tell us is that prostate cancer is one of the easiest forms of cancer to combat

Prostate cancer stats

"According to the Canadian Cancer Society, an estimated 25,500 men will be diagnosed with prostate cancer and 4,100 will die of it. In Alberta, one in seven men will be diagnosed during their lifetime."

if it's detected early. The Calgary Prostate Centre's Man Van has been making the rounds this month pushing men to get checked. And while "getting checked" immediately translates to "a finger in an uncomfortable place" to most dudes, it actually means a blood test that takes 10 minutes. It's that simple.

Calgary has been a hotbed of Movember activity, with plenty of 'staches, fundraisers and parties across the city, culminating in a big gala on Friday night.

It's pretty cool to see the legit 'mo-bros strutting their month-long creations, even if they don't even come close to a Magnum PI. The fun, manly aspect of the program takes away the stigma around prostate cancer and taking a previously uncomfortable topic and putting it out in the open.

So as this week winds down, I salute all of the fine Movember moustaches that are raising money and, more importantly, awareness, for the prostate cancer cause. Be sure to throw a few bucks to your local mo-bro to let them know you appreciate his work.

And remember that while 11 months of the year the moustache belongs to hipsters, cops and Lanny McDonald, in Movember they are the badge of a man ready to take down one of his biggest enemies.

Cambridge University

Centre to study risk of technology to humans

Britain's Cambridge University says it is planning to open a new centre to study the risks that super-intelligent computers could pose to humanity.

The university says the proposed Center for the Study of Existential Risk will bring together academics to consider how accelerating development in artificial intelligence and other

technologies can "threaten our own existence."

Huw Price, a philosophy professor at Cambridge, said that while the idea that computer robotics could take over control from humans may seem far-fetched, it is worth taking the potential risks seriously.

He says that the exact nature of the risks is difficult to predict, but that this underlines the need to understand more about artificial intelligence.

The university said the centre's launch is planned for next year.

THE ASSOCIATED PRESS

Many CDs make light work



OLI SCARF/GETTY IMAGES

Art installation

Artwork puts CDs in a good light

An artist has created a festive display of light, using thousands of old CDs. Bruce Munro's work, entitled Blue Moon on a Platter, forms part of the Christmas decorations at Waddesdon Manor in Buckinghamshire, England, a Neo-Renaissance style of a French chateau originally built for the prominent Rothschild family of bankers.

METRO

A lot of tracks

50,000

The number of unwanted CDs used in Munro's installation. Donated by a local recycling centre, they were placed on a grassy amphitheatre, which measures 28 metres across. The "moon," which measures 1.5 metres in diameter, is made up of 101 spheres containing coiled optic fibers. It glows with blue light, which is passed along the fiber optics via a metal halide projector. It took Munro and his team of more than a dozen volunteers one week to install.

Artist's viewpoint



"At dusk, when the CDs reflect the light from the sky, and the landscape is dark, the installation shines brightest and looks like a massive sequin bead."

Bruce Munro,
light installation artist

Q & A

Brighter when dark

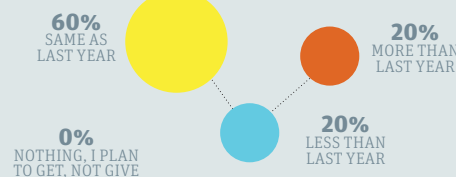
Metro: What's special about the material of CDs?

Munro: Their iridescent quality of reflecting light — they look just like a rainbow. But what's so unusual about the CDs is that they seem to reflect light better when there is not a lot of natural light around.



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How much do you plan on spending over the holidays?



Twitter

@kevennox: Let's go Stamps! #100GC #Grey-Cup #YYC

time for Premiers' Meeting? #100GC #YYC #YYCCentre

@jon_tupper: As an Albertan I can't cheer for Toronto. As an #Esk fan, I can't cheer for Calgary. Sooo.... "GO Refs GO!" #cfl #ymm #yyc #yyz

@gmmagall: Got a survey call asking who I'll vote for in the yyc Centre election. Not My Riding. Can't wait to see these skewed stats. #yyccentre

@_Danno: How come Harper has time for Grey Cup party & hand out medals (sic) to Justin Bieber, but no

@VitalityGuide: Taking advantage of late check-out. #yyc where is the nearest PlanetOrganic? My liver needs #kombucha

2 SCENE

No love for Bieber's halftime show from Grey Cup crowd

CFL. Bieber booed, Lightfoot lauded during splashy halftime show

Justin Bieber faced a hostile homecoming at the 100th Grey Cup on Sunday, with the jeering capacity crowd at the raucous Rogers Centre providing the teen idol with a reception as unyieldingly cold as a long Canadian winter.

The 18-year-old grew up roughly 150 kilometres down the road in Stratford, Ont., but that didn't help his cause with the rowdy crowd on hand, who took aim at the ubiquitous pop star whenever possible.

They booed when his face popped up on the Jumbotron. They booed when a host spoke his name at the onset of halftime. And they booed with extra glee as he took the stage and throughout his medley of the finger-snapping, chart-topping hit Boyfriend and the disco-inflected club come-on Beauty and a Beat.

If Bieber was bothered by the boo-birds, it didn't show.

"It's an honour to be here at the Grey Cup in Canada," he said, a smile tugging at his lips despite the reaction. "Make some noise. I said make some noise!"

Unfortunately, the crowd obliged. More boos.

As he wrapped up Beat a dazzling array of pyrotechnic lights popped into the air and at first the crowd responded enthusiastically. But once again, the cheers dissolved into boos.

"Thank you so much Canada," Bieber announced, ignoring the response. "I love you."

Most figured that while Bieber is a bona fide draw — an international star and tabloid fixture whose latest record Believe became his third straight to reach multi-platinum status in Canada after its June release — most of those fans simply weren't at the game.

"J-Biebs doesn't scream football, you know? Neither does Carly Rae Jepsen," said Calgary's Ryan Prisque, 22.

"Gordon Lightfoot — that'll be the time I turn back from the beer gardens and watch."

The 74-year-old Lightfoot certainly did captivate the crowd Sunday. With the stadium lights down, Lightfoot opened the halftime show by materializing on a modest stage near the 50-yard line, dressed in black and strumming an acoustic guitar. The crowd roared.

Pop outfit Marianas Trench was greeted mostly with indifference, while Jepsen also received a mixed reaction at first but won the crowd over during an enthusiastic medley of her latest single, This Kiss, and her smash hit Call Me Maybe. **THE CANADIAN PRESS**



Carly Rae Jepsen won over the crowd with her Call Me Maybe/This Kiss medley at the halftime show. **THE CANADIAN PRESS**



Football fans reserved the love for Canadian singer-songwriter legend Gordon Lightfoot. **THE CANADIAN PRESS**



Bieber haters booed extra loud during his performance of Boyfriend, but the superstar was unfazed. **THE CANADIAN PRESS**

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News worth sharing.

Speculation abounds: Where will Disney take Star Wars next?



With Darth Vader dead, where will the Star Wars saga go next? THE ASSOCIATED PRESS

New trilogy. Facts are scant — but there are a plethora of novels and comic books that Disney can mine for ideas for new films

Darth Vader is dead. The evil Emperor exploded after being thrown down a shaft. And Luke Skywalker and his allies destroyed both Death Stars, restoring balance to the Force. For The Walt Disney Co., the prospective new owner of the Star Wars franchise, what's left to tell?

A lot, apparently. There are more than 110 novels and 80-plus comic books set after the events of *Return of the Jedi*, the sixth episode in the film series and the third to be made. All of these additions to the so-called "expanded universe" were sanctioned by Lucasfilm Ltd., founded by series

creator George Lucas.

That has left a lot of room for speculation ever since Disney announced last month that it would buy Lucasfilm for \$4.05 billion and resume making Star Wars movies, starting with Episode 7 in 2015.

For fans, some big questions remain.

Will Luke take on a Jedi apprentice? Will Han Solo and Princess Leia have kids? And who will be the movies' villain? (A) A revived Emperor; (B) the hard-to-kill bounty hunter Boba Fett; (C) some new corrupt leader of the remnants of the Empire, or (D), all of the above?

Each of these scenarios have been explored in some fashion away from the big screen. Whether they will be incorporated into the next trilogy of films is anyone's guess.

"Right now, everyone is literally just reading tea leaves," said Bryan Young, a Star Wars watcher and editor of the blog

Chasing clues

One of the most telling clues as to the next trilogy's direction is the fact that George Lucas invited Luke actor Mark Hamill and Princess Leia actress Carrie Fisher to lunch some time ago to tell them that the sequels were going to be made. This suggests that Luke and on-screen sister Leia will be involved.

Big Shiny Robot.

The facts so far about the announced Episodes 7, 8 and 9 are scant: Lucas will be a creative consultant but won't direct the films. Kathleen Kennedy will produce them as president of Lucasfilm. And Oscar-winning writer Michael Arndt, who wrote *Little Miss Sunshine* and *Toy Story 3*, will pen the screenplay for Episode 7.

THE ASSOCIATED PRESS

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Dallas J.R. actor Larry Hagman brought 'joy to everyone he knew'

Remembering a legend. Actor, who was reprising infamous role in a new edition of popular TV series, succumbs to cancer

J.R. Ewing was a business cheat, faithless husband and bottomless well of corruption. Yet with his sparkling grin, Larry Hagman masterfully created the charmingly loathsome oil baron — and coaxed forth a Texas-size gusher of ratings — on television's long-running and hugely successful nighttime soap, Dallas.

Although he first gained fame as nice guy Capt. Tony Nelson on the fluffy 1965-70 NBC comedy I Dream of Jeannie, Hagman earned his greatest stardom with J.R. The CBS serial drama about the Ewing family and those in their orbit aired from



In this photo from 2008, Larry Hagman poses in front of the Southfork Ranch from Dallas. THE ASSOCIATED PRESS

April 1978 to May 1991, and broke viewing records with its Who shot J.R.? 1980 cliffhanger that left unclear if Hagman's character was

dead.

The actor, who returned as J.R. in a new edition of Dallas this year, had a long history of health problems and died

Friday due to complications from his battle with cancer, his family said.

"Larry was back in his beloved hometown of Dallas,

re-enacting the iconic role he loved the most. Larry's family and closest friends had joined him in Dallas for the Thanksgiving holiday," the family said in a statement that was provided to The Associated Press by Warner Bros., producer of the show.

The 81-year-old actor was surrounded by friends and family before he passed peacefully, "just as he'd wished for," the statement said.

Linda Gray, his on-screen wife and later ex-wife in the original series and the sequel, was among those with Hagman in his final moments in a Dallas hospital, said her publicist, Jeffrey Lane.

"He brought joy to everyone he knew. He was creative, generous, funny, loving and talented, and I will miss him enormously.

"He was an original and lived life to the fullest," the actress said.

THE ASSOCIATED PRESS

Mourning

Fans pay respect

Tourists and locals flocked to Southfork Ranch on Saturday, bringing flowers in memory of Larry Hagman, who played the infamous J.R. Ewing on the TV show Dallas.

Hagman died in Dallas, Texas on Friday at age 81 due to complications from his battle with cancer.

Southfork, a ranch north of Dallas, was known to millions of viewers as the Ewing family home. Exterior shots of the house and pool were shown when the series aired from 1978 to 1991, although the show wasn't filmed there.

The ranch has been open for tours since the mid-1980s, and now sees more than 100,000 visitors each year. Each room of the house has a theme for each character.

On Saturday, J.R. Ewing's room had flowers and a card for tourists to sign.

"Today is about Larry Hagman and his family," said Janna Timm, a Southfork Ranch & Hotel spokeswoman. "He was such a wonderful person, and we will really miss him."

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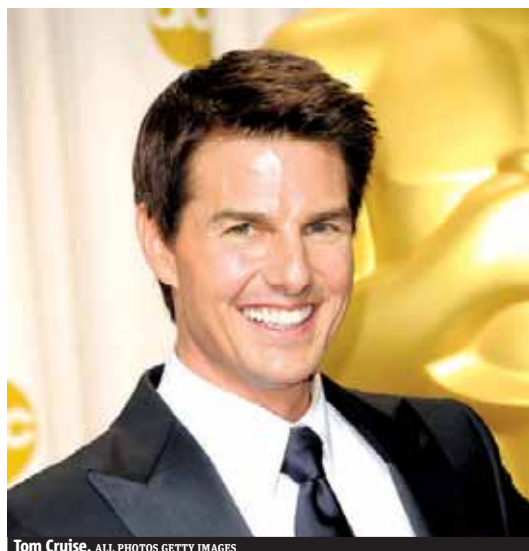
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Tom Cruise. ALL PHOTOS GETTY IMAGES

Cruise flies in daughter for Thanksgiving

Even though Tom Cruise is currently on location in London filming *All You Need is Kill*, he still got to spend Thanksgiving with his daughter, six-year-old Suri Cruise, who was flown in for the occasion, according to *Us Weekly*.

The holiday was the

"first time he's seen Suri in a long time," a source says.

Ex-wife Katie Holmes, meanwhile, headed to her parents' home in Toledo, Ohio, for the big day before returning to New York for a Friday evening performance of her Broadway play, *Dead Accounts*.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Berry caught in the middle as ex-boyfriend and fiancé go to war



fight after having words with Martinez.

"He shoved Olivier, then punched him. Olivier just defended himself," a source says.

Aubry was arrested and released on \$20,000 bail.

He's due in court Dec. 13. Immediately following the scuffle, Berry obtained an emergency protective order against Aubry that forbids him from coming within 100 yards of Berry, Martinez or Nahla.

The order is set to expire Tuesday, but Berry is reportedly taking Aubry to court in hopes of making the restraining order permanent.

It was a pretty dramatic Thanksgiving for Halle Berry as her ex-boyfriend Gabriel Aubry and fiancé Olivier Martinez came to blows during an argument when Aubry dropped off Nahla, the four-year-old daughter he shares with Berry, for the holiday, according to *The Associated Press*.

TMZ reports that Martinez broke his hand and sustained neck injuries in the fight, while Aubry walked away with a broken rib, facial contusions and a possible head injury.

Sources tell *Us Weekly* that Aubry "initiated" the



Taylor Swift

Swift talks about relationship mistakes she has made

Taylor Swift is well aware that she has a problem with falling in love too fast.

"I don't think there's an option for me to fall in love slowly or at medium speed. I either do or I don't. I don't think it through, really, which is a good and a bad thing," the 22-year-old singer tells *Parade* magazine, adding that in retrospect, her relationships don't always seem to be all that they are cracked

up to be.

"I tend to think things are love and then look back and re-evaluate," she says.

"I know how many people I've said, 'I love you' to. I could probably count it up, but I don't feel like it. Part of me feels like you can't say you were truly in love if it didn't last. If I end up getting married and having kids, that's when I'll know it's real — because it lasted."

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Book excerpt

Going a little crazy?

IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

You've been home with the kids too long when...

1. You own Memory Books for all of your children. And they are up to date.

2. Sorting through orphaned socks in the laundry room is a serious contender for an exciting afternoon activity.

3. You start begging the children to do some arts and crafts with you.

4. You have checked your email 16 times in the past 15 minutes.

5. You take your daughter to more than one store to look for the perfect pair of back-to-school runners.

6. You have noted the dry clean pick-up time on your desk diary (you still have a desk diary?).

7. Home made Valentine's and Christmas cards sound like fun!

8. You don't have the children in the car, but you're listening to their Mother Goose Raps CD. Hey, that next song really rocks.

9. Your six-year-old asks you to put her teddy bear down for a nap while she's

at school and wake him up just before she gets home. You do it.

10. When the neighbours get new windows, you call your husband to tell him. Twice.

11. The appointment of a new school principal is a big deal. **EXCERPTED FROM JOURNEY TO THE DARKSIDE: SUPERMOM GOES HOME, BY KATHY BUCKWORTH, KEY PORTER BOOKS, SOON TO BE AVAILABLE ON AUDIBLE. VISIT KATHYBUCKWORTH.COM.**

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Mommy remembers the days when all she had in her fridge was three varieties of mustard. But now that you're born, meal planning has become slightly more complicated than choosing toppings off a pizza delivery menu. Follow along with the comedic (mis)adventures of mommyhood online with Reasons Mommy Drinks at metronews.ca/voices



Love at first bark or meow

Pets. If you think you're ready for your first pet, check out the essentials that you should consider

EMMA
GODMERE
life@metronews.ca

Got dog fever? Or maybe you're itching for a kitten? Adopting an animal for the first time can be a rewarding experience for any new owner. Studies show that pet ownership can be on par with human friendship when it comes to emotional benefits like increased self-esteem and fewer feelings of loneliness.

But with great company comes great responsibility. Even if you have your heart set on welcoming a lively German shepherd into your home, it's important to select the right pet for you, your family and your lifestyle.

"For single people, or households where people are out a lot, a dog's probably not going to be the best pet," suggests Dr. Simon Starkey, a veterinarian at PetSmart's headquarters in Arizona. Without company for extended periods of time, dogs can suffer from separation anxiety. Cats,

Tips

- **Adoption.** "You're saving a lot of money if you choose to adopt," says Cross. Many shelters ensure pets are spayed or neutered, vaccinated and microchipped before putting them up for adoption.
- **Breeders.** Dog-seekers may choose to approach breeders to find their pet. The Humane Society of the United States suggests seeking referrals for responsible breeders from dog-owning friends whom you trust. The Canadian Kennel Club also provides links to its member breeders at ckc.ca.

on the other hand, tend to be more independent and content spending less time with their owners.

But that's not to say a particular type of animal should be out of the question. Meet Your Match, a program spearheaded by the American SPCA, helps hopeful owners find the right kind of furry friend for them.

"It's like eHarmony for dogs and cats," says Alison Cross, spokesperson for the Ontario SPCA. Pets go through personality assessments while



The benefits of owning a pet come with responsibilities. ISTOCK

prospective owners complete questionnaires to identify traits and needs in order to make the best match for both parties.

Maybe a smaller, less de-

manding animal, like a hamster or a guinea pig, is more fitting to your lifestyle. Little creatures with much shorter life expectancies may be a great introduction to pet

Start sharing

Remember your first pet?

Was it a cat, dog or maybe a pet rock? Visit this article online, tweet us or even turn to the person next to you and share your memories of that special pet.

First in a series on firsts.

This is the first in a week-long series of articles chronicling some of the rites of passage many of Metro's readers will experience as they leave the nest or school and head out on their own.



care. Smaller animals still do require daily food and water top-ups and regular cleaning of cages and enclosures, with which the whole family can help.

Once you meet your new pet, finding a veterinarian and understanding the costs of taking care of the newest member of your family should be your next step. Vets will recommend the best type of food and tips for providing care.

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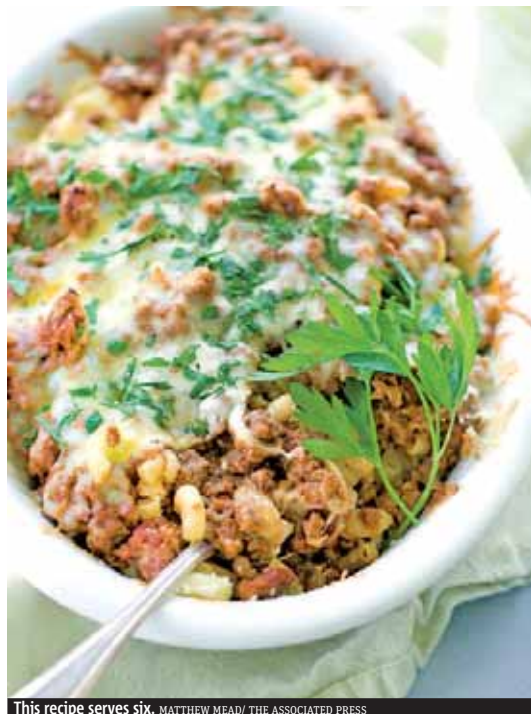
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NEED A RIDE?

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Give dinner an ooey, gooey touch with cheesy casserole



This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

"Forgive me for getting a little 'cheesy' here, but that's just what this one-dish wonder is all about: cheese," writes Dave Venable in his cookbook, *In the Kitchen with David*. "Everything we love about melted cheese — rich, ooey, gooeyness — is right here in this cheese-burger casserole."

1. Heat the oven to 350 F.
2. Bring a large pot of water to a boil. Add 1 tablespoon of the salt and the macaroni and cook until tender but still firm to the bite, 7 to 8 minutes. Drain well.
3. Heat a large skillet over medium-high heat. Add the beef and onion and cook, stirring, until the beef is well browned. Carefully drain the fat from the skillet, then stir in the tomato sauce, the remaining 1 teaspoon of salt, and the black pepper. Bring to a simmer over low heat while preparing the remaining ingredients.
4. In bowl, combine ricotta, sour cream, bell pepper and scallions. Spread half of the pasta in a 9-by-13-inch baking

Ingredients

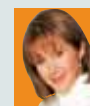
- 1 tbsp plus 1 tsp kosher salt
- 16-oz package elbow macaroni
- 2 lbs ground beef
- 1 large onion, chopped
- Two 8-oz cans tomato sauce
- 1/8 tsp ground black pepper
- 1 cup ricotta cheese
- 1/4 cup sour cream
- 1/3 cup chopped green bell pepper
- 1/3 cup chopped scallions
- 1/2 cup shredded cheddar cheese
- 1/4 cup shredded mozzarella
- 1/4 cup parsley, chopped

dish. Top with the ricotta mixture, then the remaining pasta. Pour the meat mixture over the top. Sprinkle with the cheddar and mozzarella.

5. Bake casserole until the cheese is melted and lightly browned, about 20 minutes. Sprinkle with parsley before serving. **THE ASSOCIATED PRESS/ DAVE VENABLE'S IN THE KITCHEN WITH DAVID, BALLANTINE BOOKS, 2012**

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If you want a sweet snack, choose this since the calories and fat are half and there's little saturated fat.



Side dish. Asparagus & Haricots Verts with Goat Cheese and Pine Nuts

1. In a medium skillet over medium, heat the 1 teaspoon of olive oil. Add the pine nuts and cook just until fragrant and lightly toasted, about 2 minutes. Sprinkle with the coriander and season with salt. Set aside.

2. Prepare a large bowl of ice water. Bring a large pot of salted water to a boil.

3. Blanch the haricots verts in the boiling water until bright

green and just tender, about 3 minutes. Use a slotted spoon to immediately remove them to the ice water. Repeat the process with the asparagus, cooking it for 4 to 5 minutes depending on the thickness of the stalks.

4. Drain and pat dry the vegetables, then arrange them on a serving platter. Drizzle with olive oil, then top with the pine nuts, raisins and goat cheese.

THE ASSOCIATED PRESS

Ingredients

- 1 tsp olive oil, plus additional for drizzling
- 1/2 cup pine nuts
- 1 tbsp ground coriander
- Salt
- 1 lb haricots verts, trimmed
- 2 lb asparagus, trimmed of ends, sliced lengthwise
- 1/4 cup chopped raisins
- 1/2 cup grated firm goat cheese

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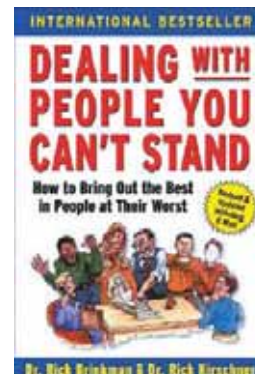
Offensive at the office. Have your colleagues been ducking under their desks when you approach? You might want to rethink your behaviour

BRUCE WALSH
TalentEgg.ca

Author and motivational speaker Rick Brinkman has been speaking to companies for over two decades. In the mid-'90s he co-authored the workplace classic, *Dealing With People You Can't Stand*, utilizing psychological research to help co-workers avoid brawling in the cubicles.

What's the most common type of annoying co-worker?

Annoying is in the eye of the beholder, and there are different types of annoying people. For instance: If someone makes commitments they don't keep, I might find that annoying to no end. But you may intuitively know how to slow down and make it safe for that person to make a realistic commitment. Your particular annoyance may



Opposite irritants

"Your particular annoyance may be whining. But that doesn't even show up on my radar."

Rick Brinkman
Dealing with People You Can't Stand

be whining. But that doesn't even show up on my radar.

How do you know if you are, in fact, the annoying person at work?

When people read our book, they tend to recognize what they do very quickly. It's somewhat innocent, and we all do at least one of these behaviours now and again. It's just that there are certain ones we're more likely to go to under stress.

How do you cut back on your own annoying behaviours?

You can start by recognizing the particular type of negative behaviour that comes out of you under stress. Then ask yourself, "How is this working for me? Am I getting what I want? What reactions am I getting from others?" Usually people find that this behaviour is creating their own worst nightmare. Once they realize that, it's easier to change.

Is there a difference between how we exhibit these behaviours at home versus the workplace?

Yes! It can be totally opposite. Some people are a total "tank" (overly controlling) at work and a "nothing" (nonresponsive) at home. I recently interviewed a CEO who was very much a get-it-done control person at work. But she noticed she was whining to her husband about the business. Her husband could not understand how she could run a company, because she constantly presented herself as a victim. But the behaviour is totally different, because the context of the relationship is totally different.

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The In-Credibility Factor

Name: Cassandra Rush
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Age: 29
Occupation:
**Founder of Sassy
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**THE IN-CREDIBILITY
FACTOR**
Teresa Kruze
life@metronews.ca

Cassandra Rush loved boots, but was frustrated when she would try some of them on and the zippers wouldn't go all the way to the top. After doing some research, she realized that no one was offering boots with different calf sizes. Securing a loan through the Canadian Business Foundation, Rush developed a business plan and travelled to Mexico to work with a manufacturer. Sassy Cassy's Boots was born and today she designs and manufactures her specialty boots that are worn by celebrities — and happy

It's all a boot patience

"Great things take time, but I'm looking forward to a successful future."

Cassandra Rush
Founder of Sassy Cassy's Boots Inc.

customers everywhere.

I knew I was on my way when... I went to the Country Music Awards and worked with celebrities who saw my product and loved it. They were able to provide testimonials for my product and that built the marketing foundation for my company. People saw celebrities wearing my boots and that made Sassy Cassy's successful in the marketplace. I've joined shoe associations and hired sales reps to sell the product across Canada, the U.S. and online. Great things take time, but I'm looking forward to a successful future.

Action Plan

- **Be money smart**
When a lot of people start a new business, they think they will be successful right away, but it takes five years to be noticed in the marketplace. You have to be money smart to get you through the first years of your business.

- **Find free marketing**
Embrace all your free marketing initiatives to the fullest potential. Social media, articles, whatever you can find, take full advantage of everything to grow your business.

- **Don't give up**
You will go through ups and downs in your business and there will always be people who say no. But at the end of the day, there will be a door that opens. As long as you have a dream and a vision, it can come true!



Cassandra Rush. PROVIDED

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BROWSING ON YOUR BROWSERS

SHOPPERS SURFING FOR THE BEST DEALS

You know by now about Black Friday, the deeply discounted shopping day that kicks off the U.S. Christmas shopping season. But how about Cyber Monday?

As Bill Rand explains it, Cyber Monday grew as an online counterpart to Black Friday, which generally falls after the U.S. Thanksgiving. “The idea was that online retailers would offer great holiday deals the Monday after (American) Thanksgiving similar to the deals that brick and mortar shops offer the Friday after Thanksgiving,” says Rand, the assistant professor of marketing and director for the University of Maryland’s Robert H. Smith School of Business. But recently, Cyber Monday has become a bit of a misnomer, Rand adds. “Originally,

Cyber Monday was on Monday because people would be at their work computers on Monday, but with the growth of the use of tablets and smartphones for online commerce, Cyber Monday had been extended and now many of the deals are offered on Black Friday as well.”

That’s the emerging trend marking 2012’s Cyber Monday — the appearance of deals as early as the Friday morning before. “Given the recovering economy and the fact that consumers are feeling more positive about their wallets than they have in a while, retailers are looking to capitalize on this trend by offering discounts and deals to get them in stores — or in the case of Cyber Monday, on to their website,” Rand says. “Black



Friday was originally called Black Friday because it was a single shopping day that could put a retailer into the ‘black’ or profitable for the whole year. And retailers hope that this year will definitely bear out that name.”

According to the Toronto-based Interac Association, about 19 per cent of Canadians report they will likely shop online on Cyber Monday. “And according to our Interac survey, online shoppers expect to spend an estimated average of \$303 that day,” says Teri Murphy, senior manager, corporate and stakeholder relations. Hot

items include video games, books, ebooks and DVDs, clothing and accessories, computers, tablets, e-readers, mobile phones and MP3 players.

“And the release of the new Wii U and several major games means the video game market should remain strong,” adds Rand. “Other technology items like HD TVs will remain popular. Often during downturns people put off buying new TVs and other consumer durables that are failing, and so as we come out of the downturn these items tend to be purchased at a sharper rate.” — Astrid Van Den Broek



DEALS ‘WORTH IT’ FOR CANADIANS

Unlike Black Friday deals, some of which have you packing a sleeping bag to park yourself early in front of Walmart, Cyber Monday deals can be done from the comfort of your laptop.

But how can you best take advantage of these deals?

Hone in on your favourite online stores first such as Amazon or Best Buy, to see if their sites are offering any deals that particular weekend, says Bill Rand, the assistant professor of marketing and director for the University of Maryland’s Robert H. Smith School of Business. “Also, search online to see if any of the ‘brick and mortar’ stores you normally shop at also maintain an online presence,” he suggests.

Yet, even with deeply discounted products available, is it worth it for Canadians to try and take advantage of these online deals?

“Given the current exchange rate between the US and Canada — it’s almost equal — and the fact that shipping rates are lower than ever, there will be quite a few deals that will still be worth it,” says Rand. He also notes that many deals aren’t even shipping from the U.S. anymore, so the difference in shipping prices should not be large.

“For instance, Apple has announced a bunch of deals for Friday and most of that ships from China anyway,” says Rand. Yet to be sure, when shopping online, check all the additional fees, especially shipping and taxes, before hitting the checkout button.

It also helps if you do some research ahead of time to see how much products generally cost. “Many sites publish deals they plan to offer beforehand so look at these flyers to determine if the price is

a good price, or if they just marked up the deal a week before to mark it down again,” Rand advises. “Slickdeals.com is a website that has a great reputation for providing research about any deals you find and determining if there is a better deal out there.”

What are some of the best sites to check out? Along with Slickdeals.com — which also collects the Black Friday/Cyber Monday deals in one place — FatWallet.com is another site to click on.

“It works as an affiliate merchant which means they provide links to other Web sites and then earn a small commission on any sales originating from FatWallet,” Rand says. “FatWallet then returns some commission to consumers so you get the standard deal and you earn a few percentage points back on your purchase as well.” — Astrid Van Den Broek

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BARGAINS A CLICK AWAY

SHARE TO EARN REWARDS WITH NEW MARKETPLACE ONLINE AT SHOP.CA

Pam Bryant loves a good deal, and when she signed up at the online mall shop.ca, she didn't know the half of it.

What caught the eye of 38-year-old Bryant was the \$25 sign-up bonus, which she could use on her first purchase of \$100. She went shopping on the website almost immediately, bought a well-priced LED TV, and used the bonus money towards it. Bryant liked the TV so much she shared the purchase on her Facebook wall and a few weeks later, posted a review — and that's when things got really good. When one of her friends clicked on her post and signed up to shop.ca, Bryant got a referral credit of \$25. Then, when her friend spent her first \$75 on the same TV, Bryant received 1 per cent of that purchase amount in her account too.

"It was way more than I bargained for," says Bryant, a wife and mom in Hamilton, Ont. "It's all about sharing information on my social networks, which I do all the time anyway, and now I get cash rewards in return."

"Our innovative Social Loyalty Network sets us apart from any other Rewards program," says Trevor Newell,



founder and president of shop.ca. "We want Canadians to share the products they love with their friends, and we'll reward them for doing so every step — and share — of the way."

Shop.ca is a new and exciting online marketplace that features millions of products and thousands of brands from around the world. You can buy everything from living room furniture to pillows and tools.

Shop.ca has streamlined the whole process of online shopping in Canada, according to Drew Green, founder and chief executive officer.

When you buy at shop.ca, all your purchases go into one shopping cart, with a simple checkout process and multiple payment options. Once ordered, shop.ca ensures your order is delivered right to your door.

There aren't cross-border duty charges

THE SOCIAL LOYALTY NETWORK

Do you like to talk to your friends about the things you buy? Now you can turn that pastime into cash, says Trevor Newell, founder and president of shop.ca.

Members of the Social Loyalty Network at shop.ca can get from 1 to 2.5 per cent cash rewards when they share their purchases and post reviews via Facebook, Twitter, LinkedIn or by email. They can also earn when a friend buys the same product from a link they shared.

Members also get \$25 for every person they refer to shop.ca and when that friend makes a first purchase of \$75 or more.

Sign-up is free and all new members get a \$25 sign-up bonus to spend on a \$100 purchase and 0.5 per cent cash rewards as a starting point on every purchase they make. That 0.5 per cent can turn into 2.5 per cent when they share and earn at shop.ca.

— or hassles — and there's no charge for shipping or returns. The return policy gives you up to 365 days to return an item.

Says Green: "We also have an amazing team of customer loyalty leaders right here in Canada who chat on the phone or online with you. They've even been known to drive to houses to get a product to somebody if there's been a delivery hiccup."

THE WORLD'S COOLEST 'ROBOT TOYS'

KIDS OF ALL AGES WILL LOVE THESE CYBER TOYS



For Cyber Monday, shop.ca offers both the Sphero and Robosapien at a special price of \$109 each. But if you sign up today and become a member of shop.ca, you can use the \$25 sign-up bonus against the price.

THE AMAZING SPHERO

The Sphero is being heralded as the year's hottest gadget toy.

The Sphero smart "robot" is housed in a round and durable shell roughly the size of a baseball. You control it with a tilt, touch, or swing from your smartphone or tablet. Or, you can use Sphero as a controller for on-screen games.

Sphero is IOS- and Android-compatible, and there are lots of games and apps

available for download.

With the Sphero Golf app, for example, create a "hole," then swing your smartphone to put Sphero towards it.

The Chromo app lets you challenge yourself in a new way — by holding Sphero in your hand and moving it to match colours on your screen.

Or, download Sharky the Beaver, the first app that lets you take a virtual three-dimensional character for a walk around your house.

You get more than an hour of non-stop play, with cable-free induction charging.

THE WORLD'S FRIENDLIEST HOME ROBOT

Bring home WowWee's 14-inch Robosapien remote control robot — and watch the fun and silliness begin.

Designed by a NASA scientist, Ro-



bosapien has a full range of motions and interactive sensors as well as a unique personality.

Robosapien has fast, full function arms with grippers and working hands, and can walk, run and turn, shake hands, and even speak fluent international "caveman."

In all, there are 67 pre-programmed functions including pick-up, throw, kick, sweep, dance, belch, rap, and many different kung-fu moves.

Robosapien is easy-to-use with no complicated setup or need for a computer. It is easily controlled by an ergonomic remote and runs on regular batteries for more than six hours.

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Stamps late out of gate as Argos take Grey Cup

100th Grey Cup.

Toronto defence hobbles Calgary's usually potent offence

A rugged defence staggered the Calgary Stampeders before Ricky Ray delivered the knockout punch and earned the Toronto Argonauts a historic Grey Cup victory Sunday.

Toronto's defence, under the guidance of former Calgary assistant Chris Jones, held CFL rushing leader Jon Cornish to 57 yards while pressuring quarterback Kevin Glenn before Ray's seven-yard TD pass to Andre Durie late in the game cemented the Argonauts' 35-22 win in the 100th edition of the CFL championship.

"It feels great. This is what you play for — to be able to be on a team that gets on a run and wins a championship," Ray said. "It just makes you feel so good. It makes you feel like all the hard work and the obstacles that you've overcome just pay off."

"Everybody on this team, you ask them, somewhere they had to overcome something to get to this point. We're a family, we just came together, stuck together and just played great football."

Toronto running back Chad Kackert, with 133 yards rushing, was the game MVP while defensive end Ricky Foley claimed top Canadian honours.

Kackert showed the Argos have a multifaceted offence that could compensate for a relatively quiet game from CFL outstanding player Chad Owens.

"Chad Owens was outstanding player and maybe they keyed on him and we have a lot of great receivers too," Kackert said. "You can't key on



Toronto Argonauts running back Chad Kackert runs the ball against Calgary Stampeders defensive back Keon Raymond on Sunday in Toronto. Kackert was named most outstanding player of the Grey Cup, which the Argos won 35-22. NATHAN DENETTE/THE CANADIAN PRESS

anybody."

Ray, obtained last December in a blockbuster trade with Edmonton, finished 18-of-30 passing for 231 yards and two TDs.

"I don't know what this wins says. All I know is we're the 100th Grey Cup champions and no one can take that away from us," Argos coach Scott Milanovich said.

The Argos dominated a potent Calgary offence that scored 51 TDs this season — tied with Montreal for the league lead — holding it to just four field goals before Maurice Price's TD catch and two-point conversion with 20 seconds remaining.

Sunday's game

35

Argonauts

22

Stampeders

Defensive back Pacino Horne brought the rabid Rogers Centre sellout crowd of 53,208 to its feet in the opening half. His key 25-yard TD interception return staked Toronto to a dominant 18-point half-time advantage.

Calgary came in as the CFL's

Quoted

"The bottom line was that we didn't get the ball into the end zone until the game was out of reach."

Stampeders coach John Hufnagel

hottest team with 13 wins in 15 games after opening the season 3-4. Glenn guided the club to nine wins in 14 starts after incumbent Drew Tate injured his shoulder, then replaced the injured Tate (forearm) to lead the Stampeders past the defending Grey Cup-champion B.C. Lions in last weekend's West final.

Calgary also boasted the CFL's top rusher in Cornish, the league's top Canadian after

running for 1,457 yards this season.

But Glenn and Co. had no answer for Toronto's swarming defence as the Argos ended their season with a fifth straight victory.

"We didn't start well. We didn't take advantage of their turnover and they got two touchdowns on theirs," Stampeders coach John Hufnagel said. THE CANADIAN PRESS

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After a week of buildup, Toronto's Grey Cup celebrations reached a fever pitch on Sunday as fans got their hands on the coveted silverware during a parade to Rogers Centre. Here's a look at some of the action from around the city leading up to the big game:

Photos by The Canadian Press/Torstar News Service

1 Parade. Cup carried by fans to its destination

A Calgary Stampeders fan carries the Grey Cup through downtown Toronto on Sunday.

For the first time in its century of existence, fans were able to carry the Grey Cup through the streets of Toronto on its way to the Grey Cup game.

CFL commissioner Mark Cohon told hundreds of fans at Varsity Stadium he was hoping to make this inaugural parade of the trophy to the stadium on game day a regular event.

"It will only become a new tradition if you guys don't drop it," Cohon told the crowd. "Treat it with the respect it deserves."

TORSTAR NEWS SERVICE



2 Ready for action. T.O. fans cheer for a championship

A Toronto Argonauts fan reacts for the camera before the 100th CFL Grey Cup game between Toronto and the Calgary Stampeders Sunday in Toronto. THE CANADIAN PRESS



3 The other side. Representing Western Canada

Calgary Stampeders fans pose before the 100th CFL Grey Cup game. THE CANADIAN PRESS

4 Handy man. Flutie watches former teams do battle

Legendary CFL quarterback Doug Flutie, who won Grey Cups with both the Argonauts and Stampeders, shows off one of his championship rings on Sunday at the end of the fan march at Rogers Centre. THE CANADIAN PRESS

Grey Cup party spills over into Toronto streets



5 Pre-game. Carrying in the big prize

RCMP officers carry the Grey Cup during a pre-game ceremony before the 100th CFL Grey Cup game on Sunday in Toronto. THE CANADIAN PRESS

6 Big fans. PM takes in action

Prime Minister Stephen Harper, Ontario Premier Dalton McGuinty, Toronto Mayor Rob Ford and Calgary Mayor Naheed Nenshi were among the Canadian dignitaries at the game. THE CANADIAN PRESS

For more coverage of the 100th Grey Cup, go to metronews.ca.



NFL. Ravens pull off improbable comeback

All the San Diego Chargers had to do was stop the Baltimore Ravens on fourth-and-29 from their 37 with 1:37 left, run out the clock and they'd secure their first win against a team with a winning record this season.

Naturally, they didn't.

The Ravens converted on a dazzling catch-and-run by Ray Rice, forced overtime and then won it 16-13 on Justin Tucker's 38-yard field goal with 1:07 left.

"Those kind of plays are never acceptable in the NFL, but they happen," said Chargers defensive end Corey Liuget, who had a sack, a big stop on another fourth-down play and a deflected pass. "When they happen, you have to have somebody make the play."

Baltimore (9-2) took a firmer grip on the AFC North, increasing its lead to three games over Pittsburgh, which lost to Cleveland, and Cincinnati, which beat Oakland. The Ravens won their fourth straight and for the eighth time in nine games.

San Diego (4-7) was pushed closer to elimination from the playoff picture for the third straight season, and with it, most likely the end of the Norv Turner era. The Chargers dropped four games behind

Week 12	
16	13
Ravens	Chargers

AFC West leader Denver, which swept the season series against San Diego. In the wild-card race, the Chargers trail Indianapolis by three games and Pittsburgh and Cincinnati by two games.

While Tucker provided most of Baltimore's scoring with three field goals, Rice had the play of the game.

Flacco took a shotgun snap, looked downfield and then threw a short pass to Rice, who ran through a big hole in the middle of the field. Three Chargers missed him at the 50 before Quentin Jammer and Antoine Cason finally brought him down.

The ball originally was spotted at the 33. After a lengthy review, the ball was moved back to the 34 and the refs measured. The new spot still gave the Ravens a first down by the length of the ball.

THE ASSOCIATED PRESS



Giants send Green Bay packing

New York Giants wide receiver Rueben Randle, right, catches a pass for a touchdown in front of Green Bay Packers defenders Sunday night in East Rutherford, N.J. Eli Manning threw for three touchdowns, giving him 200 for his career, and the Giants sacked Aaron Rodgers five times in a 38-10 rout of the Packers.

KATHY WILLENS/THE ASSOCIATED PRESS

Title decider

Vettel becomes youngest F1 triple-champion

Sebastian Vettel overcame a first-lap crash to clinch his third straight Formula One championship title on Sunday, finishing sixth in an incident-filled Brazilian Grand Prix won by Jensen Button under pouring rain.

Vettel, 25, looked to be in big trouble after he was bumped into shortly after the start and spun around, dropping to last place before being able to turn his car around and start a difficult pursuit. But he steadily worked his way up the field and did what he needed to hold off Ferrari's Fernando Alonso, the only other driver contending for the title. THE ASSOCIATED PRESS



Sebastian Vettel celebrates on Sunday in Sao Paulo, Brazil. GETTY IMAGES

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EASTERN CONFERENCE				
	W	L	Pct	GB
Miami	10	3	.769	—
New York	9	3	.750	1/2
Brooklyn	8	4	.667	1 1/2
Milwaukee	6	5	.545	3
Atlanta	8	4	.667	1 1/2
Charlotte	7	5	.583	2 1/2
Philadelphia	8	6	.571	2 1/2
Boston	8	6	.571	2 1/2
Chicago	6	6	.500	3 1/2
Indiana	6	8	.429	4 1/2
Orlando	5	8	.385	5
Cleveland	3	10	.231	7
Detroit	3	11	.214	7 1/2
Toronto	3	11	.214	7 1/2
Washington	0	11	.000	9

WESTERN CONFERENCE				
	W	L	Pct	GB
Memphis	9	2	.818	—
San Antonio	11	3	.786	1/2
Oklahoma City	10	4	.714	1 1/2
L.A. Clippers	8	5	.615	2
Golden State	8	6	.571	2 1/2
Denver	8	6	.571	2 1/2
Utah	7	7	.500	3 1/2
Dallas	7	7	.500	3 1/2
L.A. Lakers	7	7	.500	3 1/2
Portland	6	7	.462	4
Houston	6	7	.462	4
Phoenix	6	8	.429	4 1/2
Minnesota	5	7	.417	4 1/2
Sacramento	4	9	.308	6
New Orleans	3	9	.250	6 1/2

Division leaders ranked in top four positions and best eight teams qualify for playoffs

Sunday's results	
San Antonio 111 Toronto 106, 2OT	
New York 121 Detroit 100	
Brooklyn 98 Portland 85	
Philadelphia 104 Phoenix 101	
Boston 116 Orlando 110, OT	
Denver 102 New Orleans 84	
Saturday's results	
Oklahoma City 116 Philadelphia 109, OT	
Atlanta 104 L.A. Clippers 93	
Charlotte 108 Washington 106, OT	
Miami 110 Cleveland 108	
L.A. Lakers 115 Dallas 89	
Chicago 93 Milwaukee 86	
Sacramento 108 Utah 97	
Golden State 96 Minnesota 85	
Monday's games — All Times Eastern	
San Antonio at Washington, 7 p.m.	
New York at Brooklyn, 7 p.m.	
Portland at Detroit, 7:30 p.m.	
Charlotte at Oklahoma City, 8 p.m.	
Cleveland at Memphis, 8 p.m.	
Milwaukee at Chicago, 8 p.m.	
Denver at Utah, 9 p.m.	
New Orleans at L.A. Clippers, 10:30 p.m.	
Tuesday's games	
Dallas at Philadelphia, 7 p.m.	
Phoenix at Cleveland, 7 p.m.	
Toronto at Houston, 8 p.m.	
Minnesota at Sacramento, 10 p.m.	
Indiana at L.A. Lakers, 10:30 p.m.	
Wednesday, November 28	
San Antonio at Orlando, 7 p.m.	
Portland at Washington, 7 p.m.	
Phoenix at Detroit, 7:30 p.m.	
Brooklyn at Boston, 7:30 p.m.	
Charlotte at Atlanta, 7:30 p.m.	
Dallas at Chicago, 8 p.m.	
Toronto at Memphis, 8 p.m.	
New York at Milwaukee, 8 p.m.	
Houston at Oklahoma City, 8 p.m.	
Utah at New Orleans, 8 p.m.	
Minnesota at L.A. Clippers, 10:30 p.m.	

SPURS 111, RAPTORS 106 (2OT)

AT TORONTO	
SAN ANTONIO (111)	
Parker 14-27 3-4 32, Duncan 11-21 4-4 26, Ginobili 5-15 4-4 15, Green 5-13 0-0 13, Diaw 5-10 0-0 11, Splitter 1-4 3-5 5, Neal 1-6 1-2 4, Mills 1-2 0-0 3, Blair 1-5 0-0 2.	
Totals 44-103 15-19 111.	
TORONTO (106)	
Derozan 11-28 7-8 29, Valanciunas 9-13 4-5 22, Lowry 6-16 4-4 20, Davis 7-11 1-2 15, Calderon 3-14 2-2 9, Bargnani 2-19 0-1 4, Johnson 1-5 2-2 4, Ross 1-4 0-0 3. Totals 40-110 20-24 106.	

Toronto	25	24	9	9	106
3-Point Goals— San Antonio 8-27 (Green 3-10, Ginobili 1-7, Parker 1-4, Neal 1-3, Mills 1-2, Diaw 1-1). Toronto 6-24 (Lowry 4-8, Bargnani 0-7, Calderon 1-5, Ross 1-2, Derozan 0-2). Rebounds— San Antonio 52 (Green 9, Ginobili 7, Neal 7, Parker 6, Duncan 5, Splitter 5, Diaw 4, Blair 4, Mills 3, Bonner 1, De Colo 1). Toronto 61 (Davis 14, Bargnani 8, Lowry 8, Derozan 7, McGuire 7, Valanciunas 7, Johnson 5, Ross 3, Calderon 2). Assists— San Antonio 25 (Duncan 6). Toronto 21 (Calderon 9). Total Fouls— San Antonio 18, Toronto 25.					
Attendance—19,800.		T—2:46			

NBA LEADERS

SCORING AVERAGE

	G	FG	FT	PTS	AVG
Bryant, LAL	14	126	97	376	26.9
Durant, OKL	14	119	111	371	26.5
Anthony, NYK	11	100	56	278	25.3
Harden, Hou	13	98	107	327	25.2
James, Mia	13	129	51	327	25.2
Irving, Cle	10	82	47	229	22.9
Westbrook, OKL	14	110	64	305	21.8
Mayo, Dal	14	103	53	301	21.5
Lillard, Por	12	86	40	242	20.2
Bosh, Mia	13	94	73	263	20.2
Gay, Mem	11	84	40	221	20.1
Ellis, Mil	11	85	40	219	19.9
Pierce, Bos	13	81	71	258	19.8
Aldridge, Por	12	95	46	236	19.7
Lopez, Bro	11	91	31	213	19.4
Batum, Por	12	80	37	230	19.2
Bargnani, Tor	13	89	43	243	18.7
Crawford, LAC	13	79	57	242	18.6
Duncan, SA	13	93	53	240	18.5
Curry, GoS	14	87	50	257	18.4
Walker, Cha	12	79	51	216	18.0
Howard, LAL	14	90	72	252	18.0
Derozan, Tor	13	87	53	233	17.9
Anderson, NO	11	76	7	197	17.9
Deng, Chi	12	82	40	214	17.8
Griffin, LAC	13	93	45	231	17.8
Holiday, Phi	13	87	35	227	17.5
Jennings, Mil	11	76	23	192	17.5
Matthews, Por	12	74	31	207	17.3
Sessions, Cha	12	66	67	206	17.2
Monroe, Det	13	88	47	223	17.2
Williams, Bro	11	61	48	186	16.9
Randolph, Mem	11	72	40	184	16.7
West, Ind	14	93	46	232	16.6
Dragic, Pho	13	73	47	214	16.5
Parker, SA	12	84	25	198	16.5
Lee, GoS	14	97	36	230	16.4
Martin, OKL	14	64	61	223	15.9
Horford, Atl	11	79	17	175	15.9
Gallinari, Den	12	66	44	191	15.9
Faul, LAC	13	68	58	205	15.8
Pelton, NYK	11	70	11	174	15.8
Jefferson, Ut	14	92	33	218	15.6
Parsons, Hou	13	74	23	202	15.5
Smith, NYK	11	63	27	171	15.5

SOCCER

MLS CUP
Saturday, Dec. 1 — All Times Eastern
Houston vs. Los Angeles, 4:30 p.m.

ENGLAND

PREMIER LEAGUE
Sunday's results
Swansea City 0 Liverpool 0
Southampton 2 Newcastle United 0
Chelsea 0 Manchester City 0
Tottenham 3 West Ham United 1

FRANCE

LIGUE 1
Sunday's results
Montpellier 1 Bordeaux 0
Toulouse 3 Lyon 0
Marseille 1 Lille 0

GERMANY

BUNDESLIGA
Sunday's results
Freiburg 3 Stuttgart 0
Hoffenheim 1 Bayer Leverkusen 2
Augsburg 1 Monchengladbach 1

ITALY

SERIE A
Sunday's results
Atalanta 0 Genoa 1
Chievo 0 Siena 0
Pescara 0 Roma 1
Sampdoria 1 Bologna 0
Torino 2 Fiorentina 2
AC Milan 1 Juventus 0

SPAIN

PRIMERA
Sunday's results
Espanyol 0 Getafe 2
Athletic Bilbao 1 Deportivo La Coruna 1
Atletico Madrid 4 Sevilla 0
Levante 0 Barcelona 4

WORLD CUP SKIING

MEN'S DOWNHILL

AT LAKE LOUISE, ALBERTA
1. Aksel Lund Svindal, Norway, one minute, 34.96 seconds; 2. Adrien Theaux, France, 1:35.81; 3. Joachim Puchner, Austria, 1:35.86; 4. Ted Ligety, U.S., 1:35.87; 5. Werner Heel, Italy, 1:36.06; 6. Matthias Mayer, Austria, 1:36.15; 7. Andreas Romar, Finland, 1:36.18; 8. Max Franz, Austria, 1:36.19; 9. Matteo Marsaglia, Italy, 1:36.25; 10. Patrick Kueng, Switzerland, 1:36.27.

Also:
11. Erik Guay, Mont-Tremblant, Que., 1:36.31; 14. John Kucera, Calgary, 1:36.36; 18. Jan Hudec, Calgary, 1:36.65; 28. Dustin Cook, Lac-St-Marie, Que., 1:37.25.

WOMEN'S GIANT SLALOM

AT ASPEN, COLORADO
1. Kathrin Zettel, Austria, 1:42.46 seconds; 2. Marlies Schild, Austria, 1:43.13; 3. Tina Maze, Slovenia, 1:44.27; 4. Maria Hoefl-Riesch, Germany, 1:44.39; 5. Maria Pietilae-Holmner, Sweden, 1:44.61; 6. Lena Duerr, Germany, 1:45.33; 7. Mikaela Shiffrin, U.S., 1:45.52; 8. Tanja Poutiainen, Finland, 1:45.58; 9. Michaela Kirchgasser, Austria, 1:45.58; 10. Christina Geiger, Germany, 1:45.67 (54.33-51.34).

Also:
18. Marie-Michele Gagnon, Lac-Etchemin, Que., 1:47.35;
21. Brittany Phelan, Mont-Tremblant, Que., 1:47.61.

AHL

EASTERN CONFERENCE

ATLANTIC DIVISION									
	GP	W	L	OTL	SOL	GF	GA	Pt	
Manchester	18	9	6	2	1	49	43	21	
Worcester	18	9	7	1	1	50	56	20	
St. John's	19	9	9	0	1	46	53	19	
Portland	18	8	8	1	1	57	61	18	
Providence	16	7	8	0	1	33	48	15	

NORTHEAST DIVISION									
	GP	W	L	OTL	SOL	GF	GA	Pt	
Springfield	17	10	3	1	3	59	36	24	
Bridgeport	17	10	7	0	0	56	57	20	
Connecticut	17	9	7	1	0	58	57	19	
Adirondack	17	9	8	0	0	44	47	18	
Albany	16	4	7	0	5	37	49	13	

EAST DIVISION									
	GP	W	L	OTL	SOL	GF	GA	Pt	
Syracuse	17	12	3	1	1	65	42	26	
Binghamton	16	10	4	1	1	45	38	22	
W-B/Scranton	18	11	7	0	0	48	40	22	
Hershey	18	7	10	1	0	44	53	15	
Norfolk	17	7	10	0	0	48	58	14	

WESTERN CONFERENCE

NORTH DIVISION									
	GP	W	L	OTL	SOL	GF	GA	Pt	
Abbotsford	18	12	2	2	2	51	32	28	
Lake Erie	19	10	7	1	1	60	57	22	
Rochester	16	9	6	1	0	58	48	19	
Toronto	18	9	8	0	1	58	52	19	
Hamilton	16	6	8	1	1	34	52	14	

MIDWEST DIVISION									
	GP	W	L	OTL	SOL	GF	GA	Pt	
Grand Rapids	17	10	5	1	1	62	53	22	
Chicago	17	8	6	2	1	49	54	19	
Rockford	18	9	8	0	1	56	57	19	
Milwaukee	18	8	8	1	1	51	56	18	
Peoria	18	6	9	2	1	43	66	15	

SOUTH									
	GP	W	L	OTL	SOL	GF	GA	Pt	
Charlotte	19	12	5	0	2	67	52	26	
Oklahoma City	18	11	5	1	1	62	53	24	
Houston	18	9	6	1	2	61	55	21	
Texas	16	7	7	1	1	37	47	16	
San Antonio	17	4	10	0	3	39	55	11	

Note: Two points awarded for a win, one for an overtime or shootout loss.

Sunday's results	
Syracuse 6 Worcester 1	
Portland 3 Manchester 2 (OT)	
Connecticut 3 Springfield 2	
Oklahoma City 7 Charlotte 2	
W-B/Scranton 5 Albany 4 (SO)	
Milwaukee 3 Grand Rapids 2	
Lake Erie 4 Hamilton 1	
Texas 5 San Antonio 3	
Toronto 2 Hershey 4	
Providence 0 St. John's 6	
Abbotsford 2 Houston 3 (OT)	
Saturday's results	
Syracuse 4 Albany 1	
Portland 1 Worcester 5	
Norfolk 2 Connecticut 5	
Manchester 4 Springfield 3 (SO)	
Hershey 1 Adirondack 3	
Bridgeport 1 Binghamton 6	
Toronto 1 W-B/Scranton 2	
Oklahoma City 4 Charlotte 2	
Providence 3 St. John's 2 (SO)	
Rockford 4 Lake Erie 3 (SO)	
Abbotsford 3 San Antonio 2 (SO)	
Milwaukee 4 Chicago 3 (SO)	
Grand Rapids 4 Peoria 1	
Tuesday's game — All Times Eastern	
Texas at Rockford, 8:05 p.m.	

NFL

AMERICAN CONFERENCE

EAST									
	W	L	T	Pct	PF	PA			
New England	8	3	0	.727	407	244			
Miami	5	6	0	.455	211	226			
N.Y. Jets	4	7	0	.364	221	290			
Buffalo	4	7	0	.364	243	319			

SOUTH							SOUTH						
	W	L	T	Pct	PF	PA		W	L	T	Pct	PF	PA
Houston	10	1	0	.909	327	211	Atlanta	10	1	0	.909	294	216
Indianapolis	7	4	0	.636	230	273	Tampa Bay	6	5	0	.545	310	254
Tennessee	4	7	0	.364	238	335	New Orleans	5	6	0	.455	308	304
Jacksonville	2	9	0	.182	188	308	Carolina	2	8	0	.200	184	243

Horoscopes

Aries

March 21 - April 20

No matter how high you have flown in the past you will fly even higher this coming week. The Sun linked to Uranus in your sign will endow you with courage and confidence — but most of all with a sense of adventure.

Taurus

April 21 - May 21

Sacrifices will have to be made but there is no reason why they should be painful. The secret is to not let yourself get so attached to material things. Money is important, of course, but next to love and laughter it means nothing.

Gemini

May 22 - June 21

Let other people guide you this week. It will do you good to let family and friends take responsibility for making important decisions — and free up time and energy for you to have fun of a more personal kind.

Cancer

June 22 - July 23

Because you are such a generous soul you find it hard to say no when others ask you to help, but the planets warn you could end up taking on more than you can handle this week. Put your own health and happiness first.

Leo

July 24 - Aug. 23

If you insist that the world conforms to your way of thinking then, to put it bluntly, you are going to be disappointed. Why would you want everyone to think like you anyway?

Virgo

Aug. 24 - Sept. 23

Rise above petty people and petty squabbles today — let nothing disturb your peace of mind. Remember: it is not what others say or do that is important but how you choose to react to it. So don't react.

Libra

Sept. 24 - Oct. 23

It may seem as if you are getting lots done but according to the planets you are running around for no good reason. It's time to slow down a bit and take more care of what you are doing. Think quality, not quantity.

Scorpio

Oct. 24 - Nov. 22

Try not to do things for no better reason than you want to convince the doubters that you have what it takes. If you do that then in effect you are letting them dictate the course of events.

Sagittarius

Nov. 23 - Dec. 21

Today's Sun-Uranus link encourages you to do something out of the ordinary, something that shakes up the cozy little world you inhabit. If there is one thing you should always aim to avoid it is being predictable.

Capricorn

Dec. 22 - Jan. 20

Think about who you are, where you are going and what kind of an impression you want to make on the world. That might sound a bit heavy for the start of the week but you're in a philosophical mood.

Aquarius

Jan. 21 - Feb. 19

You will have to deal with a situation today that has occurred in one form or another many times before. If you can see the parallels with past events then it should be easy. If you don't, you'll make the same mistakes.

Pisces

Feb. 20 - March 20

A rival will underestimate how serious you are about your ambitions and that puts you at an advantage. For too long you have kept in the background when you should have been center. Go for it! **SALLY BROMPTON**

Crossword

Across

1. Room often found in the basement
4. Graduation headpiece
7. Not bogus
11. One Day — Time (2 words)
12. Served at Cheers
13. Rowboat need
14. Lie on the beach
15. Actress Russo
17. Previously driven car
18. Children living at home
21. Granny on The Beverly Hillbillies (init.)
22. Major —
23. Above
25. Cone bearing tree
26. The World — War
28. — the season
29. Comic DeGeneres
31. — Lanka
32. San Francisco's st.
33. Small inlet
34. Singer James
35. Fault
36. —, myself and I
37. Out in front, often
42. Naked
43. Monicker
44. Caustic substance
47. Statuesque model
48. Old time actor Chaney
49. — Hudson Street
50. Printers measure
51. Breakfast choice
52. Country roads (abbr.)

Down

1. Alleyway denizen
2. Estimated time of arrival at airports
3. Halloween treats
4. Nag

Yesterday's Crossword



What's online

See today's answers at metronews.ca/answers.



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

7	1	6	5	2	4	3	8	9
2	3	8	9	1	7	6	5	4
9	4	5	6	3	8	2	1	7
5	6	4	3	8	1	7	9	2
1	8	7	2	9	6	4	3	5
3	9	2	7	4	5	8	6	1
6	5	1	4	7	3	9	2	8
8	7	9	1	5	2	6	4	3
4	2	3	8	5	9	1	7	6

		9				2		
			8		4			
8	4						7	9
		5	6	3	8			
4	6						5	1
		8	5		7	4		
1	2						8	7
			9		6			
		4				3		

Weather

TODAY

TUESDAY

WEDNESDAY



MAX: -3°
MIN: -8°



MAX: -7°
MIN: -9°



MAX: -14°
MIN: -15°



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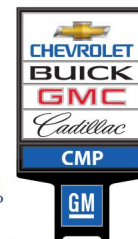
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